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MY QUARANTINE JOURNEY—LEARNING THE POWER OF THE MIND

Malorie Mackey

Thanks to author, actress, adventurer and artist Malorie Mackey for her permission to repost this blog from “Malorie’s Adventures!”

Malorie Mackey is an actress, host, and writer living in Los Angeles, CA. Malorie's first book was published in 2017 and her short story "What Love Has Taught Me" has been published in the anthology "Choices." You can find Malorie's travel content on dozens of digital media platforms. Check out www.maloriesadventures.com for more. Malorie's adventures don't just encompass physical adventures. She has been a student of intuition since she was a teenager, studying at Edgar Cayce's A.R.E. In 2019, Malorie discovered the Monroe Institute while filming her travel show. Since then, she has been studying the art and science of consciousness through many different programs and life experiences.

During her quarantine, Malorie acquired and, with focused intent, completed “SyncCreation,” a home course developed by Dr. Joe Gallenberger. Joe is an author and a Monroe program trainer and designer, well known for his popular “MC Squared” retreat that guides participants on a journey of learning to use psychokinetic skills to alter the physical world. Malorie’s experience of the home course changed her worldview dramatically.

The mind is an incredibly powerful tool that we tend to take for granted. In fact, our brain controls all bodily functions from movement to speech to memory and the function of our limbs and organs. Many scientists and civilians alike believe the mind can also harness powers that we can't fully understand. Since we had plenty of time over quarantine, I took studying these controversial capabilities to a whole different level.

Because I am an introvert, I got excited at the ability to stay home during quarantine. I thought about all the possibilities I had during this time to help me expand and grow myself without the high demand of the outside world. When faced with these thoughts, I decided to use this time to explore my own capabilities and learn new skills, as mentioned above. That's why I turned to the Monroe Institute.

The Monroe Institute offers an at-home course called, “SyncCreation,” which teaches one to manifest the life they desire, heal themselves and others with energy, and begin discovering their own power of psychokinesis. Basically, it gives one the tools to see for themselves how their energy effects themselves and the world around them. I, personally, wasn't sure how this course would work out for me, but I believed full-heartedly that I could harness the energy to at least project the future I want for myself. So, why not give it a try.

Think about it, in its base sense, manifestation makes sense. If nothing else, when one really focuses on one goal in particular over all else, it is bound to make more appearances in their life. For instance, the more you want to travel and the more you “manifest it,” the more you will look for opportunities to make travel happen because it is on your mind more frequently. You will jump on or create opportunities to travel for work. You will think more about saving up for the big vacations you want to put together for yourself. It only makes sense. So, on some level this works if even only in that base way. But I feel there is more behind these studies.

And, for me, the journey to unlocking more of my mind was very fulfilling. In the beginning of quarantine, I was coming from a place of blessing and gratitude. All my essential needs are met and then some. Plus, my husband and I are saving up for a house, and we are in the process of launching my show on Vidi Space and Amazon Prime. I felt the gratitude for everything we have and saw the abundance that life has already given me. From this place of grounding and gratitude, I meditated daily. I practiced the Monroe CDs (which are done in Hemi-Sync®, which allows you to expand your awareness to different levels of consciousness more easily), and I began focusing on manifesting the life I wanted through the Hemi-Sync and without it. I also practiced some occasional mindfulness.

But the real daunting part of my journey was a week where I was planning to test myself and do the most important psychokinesis and healing exercises: spoon bending and growing seeds. It was a week I took off from my writing work and decided to focus solely on myself.

As this week was approaching, though it was still a couple of weeks off, I hit a horrible snag in my process when I lost my cat of twelve years, Tobi. Tobi was with me all day every day. He was my best friend, and he was taken from me suddenly when a doctor made a careless mistake in a routine dental. I was crippled from doing anything with gratitude and love for the next week and a half. And basing my meditation on gratitude and love, I was unable to really do anything. I didn't get out of bed. I didn't eat. I had lost hope and a lot of my faith. But I took the time to feel the agony, suffer, and live in what happened for a while so I could better process it. After a couple of weeks, when my psychokinesis week arrived, I felt that I was in a place to at least redirect myself to feel gratitude when I needed to, and I continued. I was not in the place I wanted to be, but at least I could take a week for myself.

This week was crucial for me and the belief system that I was fighting to hold onto after Tobi's death. I faked it until I could make it, pulling gratitude and love from the far depth of my being. And it started with an exercise on growing seeds. I used a regular bag of wheat grass seeds. I had a control group of seeds that I wrapped in paper towels and put in a particular location away from sunlight. I watered these daily. I had two other groups. There was one group I did the same thing with as the first, except I charged a cup of water with my energy by holding and focusing on the water and seeing my energy and white light/gratitude going into the water. I watered that group with that water daily at the same times as the control group. Lastly, I held a group of seeds in my

hand and charged it, saw the seeds flourishing, and sent that group energy. I watered that group daily with the charged water, too. I kept both groups in a similar location as the first, except I kept those with me when I meditated.



The results from my "Growing Seeds" exercise: The Control Group



The results from my "Growing Seeds" exercise: The Group I Used Charged Water
With



The results from my "Growing Seeds" exercise: The Group of Seeds I Charged in My Hand

Lo and behold, when 5 days passed and I checked on them, the control group had sprouted roots, but no real grass had grown. My group charged only with the water had substantially more root growth and several of the seeds had begun to sprout grass. But the group that I charged in my hand blew me away. Almost all the seeds had sprouted, there was quite a bit of grass, and the roots were flourishing and tangling into a big bunch together. This experiment proved it for me: we CAN do more than we think we can. We can absolutely transfer our energy into other beings and out into the universe. This was tangible evidence that motivated me to continue my studies.

Now came time for the spoon bending. I was determined to make this happen. But here are the facts of what "spoon bending" in this form really means: you are supposed to start out small and work your way up. I want to eventually bend a spoon without using my hands, but that isn't somewhere I've gotten yet. After all, I've worked on this for only a month and the idea of spoon bending for specifically a week.

Your energy is supposed to go into the spoon as you hold it until it is very warm and charged, and then you can easily bend the spoon with your hands, tying it into any shape. It's not like what you would see in the movies—rather the energy you transfer to the spoon allows it to heat, change shape, and mold like clay. When the day came, I tried all day without any success. After trying all day with different spoons, I was finally able to bend a spoon clear around at 3am. I took in great energy, breathed it in and imagined a great light of it above my head, and breathed out seeing the energy come up into the spoon. After picking up the pace and doing this breathing exercise faster, I

felt the spoon was ready and somehow pushed mentally. The spoon then effortlessly twisted around as I moved it in my hands. However, my hands were both on it, so it's not quite the feat I wanted. The next day, I was able to do this same phenomenon again, but I twisted it around twice and yet again both of my hands were on it.



Now, immediately after this bending occurred, I tried to bend the spoon back with my hands, and I absolutely could not. Both times, the spoon was stuck in place. This is where I realized I must have done something special here, as I could not get the spoon back in place with my own might regularly. But in my video of the twist, and yes, I have the video, it's pretty obvious that I easily moved the spoon around without a great deal of force.



This has given me enough confidence to feel that maybe I can now move on to bending the spoon without my hands. So, that's what I am working towards now.

And now I have no doubt in my mind that we can manipulate the physical world around us—at least to some degree. We have energy, and we can pass that energy out there to other people, to objects and into the universe. Perhaps, by directing our energy to the future we want, we really can help shape the exact outcome we want in our lives? That's not saying that there won't be hiccups and problems along the way. No one's life is perfect. But my week focusing on my energy and the idea of psychokinesis opened my eyes to the truth that the law of attraction might just be an idea we should all focus more on. Especially if we are focusing on gratitude and abundance, how could it hurt feeling positive and grateful every day? So, let's all take some baby steps and live in gratitude—this can hopefully only create more gratitude and abundance in our lives.

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